



Tobacco Cessation Services Fact Sheet

The single most important thing that you can do for your health and the health of others is to quit using tobacco.

Who We Are

Quit Now Kentucky (QNK) is a **FREE** tobacco cessation service to help Kentuckians quit smoking or using tobacco products. It includes telephone coaching, web-based services, and text messaging.

How to Reach Us

Call **1-800-QUIT-NOW**

or

1-800-DEJELO-YA

from **8 AM to 1 AM EST**

or online anytime at

www.QuitNowKentucky.org

What to Expect

- 1** Call QNK or register online and complete the intake survey
- 2** You receive a welcome packet in the mail
- 3** A friendly coach calls you, offers tips, and helps you create a quit plan
- 4** The quit line sends you Nicotine Replacement Therapy (NRT) by mail, if eligible
- 5** You receive 2 more counseling calls and learn strategies to stay quit

Our **FREE** Services

- Support and advice from an experienced quit coach
- NRT by mail for medically eligible callers—**FREE** 4 week supply for those who are uninsured or have Medicare
- Self-guided web program, text messaging, and emails to support your quit journey
- Pregnancy/postpartum program
- All services available in English, Spanish, and Arabic—counseling for 192 other languages and for the deaf and hard-of-hearing available free through a translation service